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ABSTRACT

This directory is designed to help its users locate colleges and universities in the United States that offer physical fitness programs for older adults. The directory's annotations include: program area, scope of activities comprising the program, target population, duration of program, and special comments. The focus of the listed programs is on physical fitness activity, rehabilitation, and health/fitness education. Target populations include the healthy elderly as well as those who are blind, deaf, mentally disabled, arthritic, or have limited movement capacity. (JD)

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A NATIONAL DIRECTORY OF PHYSICAL FITNESS PROGRAMS FOR OLDER ADULTS

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A NATIONAL DIRECTORY
of
PHYSICAL FITNESS PROGRAMS
FOR OLDER ADULTS

College and University Sponsored Programs

Produced By

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and Dance
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PREFACE

Physical fitness is a growing area of interest and concern for those who work with today's aging population. The rapid increase in the number of people over 65 has brought more attention to helping people develop and maintain optimal health throughout their entire life span.

One of the major ways this is being accomplished is through the creation of physical fitness programs aimed specifically at older persons and their special needs. Professionals at colleges and universities throughout the country are aware of the demand for such programs and are incorporating both educational and activity based physical fitness programs into their health education, gerontology, and physical education departments. They are training students and service providers to work closely with the elderly as well as training the elderly to work with their peers.

The Project Development

In response to this need for physical fitness training and direct provision of fitness programs to older community members, North Country Community College's Center of Gerontology embarked on the venture of developing a series of exciting and beneficial fitness workshops and courses in the northeastern tier of New York State. Prior to designing the program, a national survey was conducted of other colleges to learn what types of innovative ideas were being put into practice. The search was also designed to answer questions such as: what types of activities are best suited for the needs of older people; what legal obligations are binding on the sponsoring organization; what qualifications should be required to lead such a group; and in what manner the program fits into the college's organizational structure. We were unable to find a comprehensive source of information which could help us locate schools involved in this type of program.

One result of this experience was the Center of Gerontology's decision to undertake the compilation of a national directory of college and university based fitness programs for older adults. Over a period of a year and hundreds of inquiries later, we gathered a wealth of information from academic institutions across the United States and Canada.

During this process it was brought to our attention that the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) had indeed begun such a directory but had not yet completed it. We contacted AAHPERD with the suggestion to combine our efforts in the publication of this national directory. With their gracious acceptance of the idea and subsequent help and support, we now present to the reader the culmination of our joint efforts.

Format and Usage

A National Directory of Physical Fitness Programs For Older Adults has been designed to help its users locate colleges and universities in particular geographic locations offering fitness programs with specific programatic emphases. It is a revision of an earlier, preliminary publication of this same project, bearing a similar title, Physical Fitness Directory for the Older Adult. The original directory, however, contained only names and addresses of the participating schools. The present directory has been updated, expanded in number of entries and contains descriptive information regarding each program.

The Directory's annotation includes: program area, activities comprising program, target population, duration of program, and special comments. An explanation of each designation follows.

Program Area - The most general focus of the program as being in one of three areas.

Physical Fitness Activity - actual teaching of and participation in fitness exercises of some type.

Rehabilitation - exercise and/or education aimed solely at the rehabilitation of participants who have suffered stroke, various cardiac problems, severe arthritis or other crippling diseases.

Health/Fitness Education - teaching participants how to maintain and improve health especially through fitness exercises.

Activities Comprising Program - An explicit listing of the scope of activities involved in any of the three program areas. The list includes:

Aquatics	Jogging	Rhythm Based Movement
Dance	Mobility Exercises	Sports/Athletics
Games	Motor Skills	Wheelchair Exercises
Gymnastics/Exercise		Yoga

Target Population - The health status of the participating group in each program.

Duration of Program - Gives the reader an indication of whether the program is continuous or a series of individual events.

Ongoing - a continuous or recurrent program which is usually an ongoing dimension of the institution's programming.

Limited - a workshop/conference or course which is scheduled for a specific time without planned repetition.

Comments - The actual responses of the contact person at each institution. Because of space limitations every comment has not been reproduced in full; instead the important points have been emphasized in each case.

It is expected that the reader will use this information to select programs of interest thus allowing contact with the individual school for specific and detailed questions and answers. Many of the colleges and universities listed have excellent written materials which, we have found, they are glad to share upon request.

Because of the lengthy indexing needed for the variety of topics included in the Directory, the listings have been presented in chart form. In addition to steering the reader to the appropriate page, the chart itself provides much of the needed information in a convenient manner.

We hope you will find A National Directory of Physical Fitness Programs For Older Adults a valuable resource document. Your comments as to its usefulness or deficiencies are most welcome and encouraged. It is You, the users, who will allow us to make future changes in the Directory so that it will better serve fitness information needs of all of us.

Lesley B. Lyon
Project Director

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		PHYS. FITNESS REHABILITATION ACTIVITY	HEALTH/FITNESS ED.	AQUATICS	DANCE	GAMES	GYMNASTICS/EXERCISES	JOGGING/WALKING	MOBILITY EXERCISES	MOTOR SKILLS	RHYTHM BASED MOVEMT.	SPORTS/ ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER		WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER
ALABAMA																									
Univ. of Alabama	1	X	X		X		X	X	X		X		X						X						
ARIZONA																									
Univ. of Arizona	2	X			X	X		X	X				X				X		X						
CALIFORNIA																									
Cal.State U.Long Bch.	3	X				X	X	X		X	X	X				X	X	X	X						
Cal.State Polytech U.	4	X						X	X								X								
Chabot College	5-6	X		X	X	X			X	X	X	X	X		X	X	X							X	X
Coastline College	7	X		X	X	X	X	X		X		X	X	X	X		X	X				X		X	
Cuesta College	8	X	X		X												X	X	X	X	X			X	
El Camino Comm.Col.	9							X									X	X	X		X			X	
Humboldt St.Univ.	10		X						X										X						
Saddleback Comm.Col.	11				X	X		X	X	X	X	X	X		X		X	X	X					X	X

PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM: PHYS. FITNESS ACTIVITY	REHABILITATION	HEALTH/FITNESS ED.	AQUATICS	DANCE	GAMES	GYMNASTICS/EXERCISES	JOGGING/WALKING	MOBILITY EXERCISES	MOTOR SKILLS	RHYTHM BASED MOVEMT.	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER	TARGET POPULATION: WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER
CANADA																									
Laval Univ.	12	X		X						X	X				X				X						
Univ. of Regina	13-14	X		X		X	X	X	X	X	X	X		X			X		X						
COLORADO																									
Colorado State U.	15	X	X	X		X					X	X							X		X	X	X		
Univ. of Denver	16															X									X
Univ. of Northern Co.	17	X		X						X	X			X										X	
Western State Col.	18	X		X			X					X			X				X					X	
CONNECTICUT																									
S.Conn.State Col.	19	X	X								X	X									X				X
Univ.of Bridgeport	20	X		X		X	X			X	X					X	X		X					X	
DIST. OF COLUMBIA																									
U. of Dist.of Columb.	21	X		X		X	X	X		X		X		X		X			X	X				X	

PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM: PHYS. FITNESS ACTIVITY	REHABILITATION	HEALTH/FITNESS ED.	AQUATICS	DANCE	GAMES	GYMNASTICS/EXERCISES	JOGGING/WALKING	MOBILITY EXERCISES	MOTOR SKILLS	RHYTHM BASED MOVEMT.	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER	TARGET POPULATION: WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER
FLORIDA																									
Eckerd College	22			X				X		X			X				X								
ILLINOIS																									
Eastern Ill. Univ.	23	X						X	X						X		X						X		
George Williams C.C.	24	X	X	X		X		X	X	X	X						X								
Moraine Valley Comm.	25	X	X	X			X		X	X		X			X		X			X			X		X
U. of Ill. Urbana-Champ.	26	X				X		X	X	X							X								
INDIANA																									
Ball State Univ.	27	X	X	X						X	X					X	X	X	X						X
Kentland Institute of Preventive Medicine	28	X		X							X	X					X	X	X						
Univ. of Evansville	29			X			X				X						X								
IOWA																									
Univ. of Iowa	30	X		X							X						X	X	X		X			X	

PROGRAM AREA	PAGE #	PHYS. FITNESS ACTIVITY	REHABILITATION	HEALTH/FITNESS ED.	AQUATICS	DANCE	GAMES	GYMNASTICS/EXERCISES	JOGGING/WALKING	MOBILITY EXERCISES	MOTOR SKILLS	RHYTHM BASED MOVEMT.	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER	WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER
KANSAS																									
Colby Comm. Col.	31	X		X				X			X	X	X		X			X	X	X		X	X		X	
Kansas State U.	32	X		X			X	X			X	X	X		X		X	X	X	X					X	X
Saint Mary College	33										X		X		X			X		X					X	
Washburn Univ.	34	X															X	X		X						X
Wichita State Univ.	35	X		X			X	X			X	X						X							X	
KENTUCKY																										
Berea College	36-37	X		X		X	X	X			X	X	X	X	X	X		X	X	X	X		X		X	
Eastern KY Univ.	38			X		X	X			X		X		X				X								
Southern Baptist Theological Seminary	39																									
LOUISIANA																										
Univ.of New Orleans	40	X		X			X	X		X		X	X	X		X										X
MAINE																										
Lifeline - U.S.M.	41-42	X	X	X			X	X		X		X	X	X		X		X	X						X	

PROGRAM AREA	PAGE #	ACTIVITIES COMPRISING PROGRAM															TARGET POPULATION									
		PHYS. FITNESS REHABILITATION ACTIVITY	HEALTH/FITNESS ED.	AQUATICS	DANCE	GAMES	GYMNASTICS/EXERCISES	JOGGING/WALKING	MOBILITY EXERCISES	MOTOR SKILLS	RHYTHM BASED MOVEMT.	SPORTS/ATHLETICS	WHEELCHAIR EXERCISES	YOGA	OTHER		WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DIST.	LIMITED MOVEMENT	OTHER	
MAINE (CONT.)																										
U. of Southern Me.	43	X						X	X		X						X									
MARYLAND																										
Anne Arundel Comm.	44	X		X		X	X	X									X							X		
Chesapeake College	45	X		X	X	X	X	X	X	X	X	X	X	X			X	X	X	X		X	X	X	X	
Dundalk Comm. Col.	46-47	X	X	X	X	X	X	X	X	X	X	X	X	X			X	X	X	X	X			X		
Harford Comm. Col.	48	X		X	X	X		X		X		X					X					X				
Prince George's Comm.	49	X		X		X	X			X	X	X	X			X	X									
Univ. of Maryland	50	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X	X			X		
MASSACHUSETTS																										
Bridgewater State Col.	51			X													X									
Northeastern Univ.	52	X	X	X	X	X	X		X								X	X								
Northern Essex Comm.	53	X		X			X	X	X	X		X					X									
Southeastern Mass. U.	54	X		X						X							X									
Westfield St. Col.	55	X			X																		X	X		

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MICHIGAN																									
Delta College	56			X		X			X	X			X					X	X	X					
Lk.Superior St. Col.	57			X			X	X	X			X		X						X	X				
Lansing Comm. Co.	58			X	X	X	X	X	X	X	X	X				X									
Muskegon Comm. Col.	59			X					X		X		X			X			X						
Western Michigan Univ.	60			X	X	X			X	X	X		X			X	X		X		X				X
Univ. of Michigan	61			X									X				X		X	X					X
MINNESOTA																									
Mankato State Univ.	62			X	X			X			X								X		X				
MISSISSIPPI																									
Mississippi Valley St.	63			X		X	X	X	X		X		X		X		X		X					X	X
Univ. of Southern Ms.	64			X		X	X	X			X	X			X				X						
MISSOURI																									
Missouri Western St.	65			X		X	X	X			X				X				X						X

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Missouri (Cont.)																									
Univ. of Missouri	66	X			X		X	X	X	X		X	X			X			X						X	
NEBRASKA																									
Kearney State Col.	67-68	X	X		X		X	X	X	X		X	X			X			X		X				X	
Univ. of Nebraska	69	X														X						X		X	X	
Wayne State Col.	70	X			X		X	X				X	X			X										X
NEVADA																									
Univ. of Nevada	71	X	X		X		X	X	X			X	X	X	X	X			X		X	X	X			
NEW JERSEY																									
Glassboro State Col.	72	X								X		X	X	X		X		X	X		X				X	
Kean Col. of N.J.	73	X			X		X	X	X	X		X		X	X	X		X	X		X			X	X	
Montclair St. Col.	74	X					X	X	X			X	X	X												X
Ramapo Col. of N.J.	75	X			X					X				X		X			X		X				X	
Rider College	76																									X

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NEW JERSEY (CONT)																									
Trenton State Col.	77	X		X			X				X	X	X	X				X							
William Paterson Col.	78	X		X				X	X			X				X		X							
NEW YORK																									
Albany State Univ.	79	X				X				X					X		X		X						
John Jay College	80	X															X		X						X
La Guardia Comm.	81			X													X		X						
Molloy College	82						X	X		X		X			X	X	X	X							
North Country Comm.	83	X		X		X	X			X		X							X						
State Univ.Buffalo	84			X															X						
Syracuse Univ.	85	X						X				X	X				X		X						
York College	86			X							X	X							X						
NORTH CAROLINA																									
Central Piedmont Comm.	87	X		X		X	X			X	X	X			X		X	X	X	X		X			X
Duke Univ.	88	X	X	X		X	X	X		X	X				X	X			X	X					

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NORTH CAROLINA (CONT)																									
Mars Hill College	89	X		X	X		X	X	X	X		X	X			X		X					X	X	X
NORTH DAKOTA																									
Mayville St. Col.	90	X		X	X		X		X		X	X		X		X		X						X	
Univ. of N. Dakota	91	X								X	X	X						X							
OHIO																									
Bowling Green St.U.	92	X								X	X														X
Kent State Univ.	93	X				X					X	X													X
Univ. of Akron	94	X		X	X	X		X	X			X	X				X	X							
OKLAHOMA																									
Cameron Univ.	95	X			X		X	X	X	X	X	X		X				X	X					X	X
Oklahoma St. Univ.	96	X			X												X	X							
S.Okla.City Junior	97-98	X			X	X	X			X	X	X						X	X	X					X	

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OREGON																									
Clakamas Comm.Col.	99				X						X		X		X			X	X	X	X	X	X	X	
Oregon State Univ.	100			X												X									X
Portland Comm. Col.	101	X	X		X	X				X	X				X				X	X					
Portland State Univ.	102	X		X	X		X			X	X								X						X
PENNSYLVANIA																									
Bloomsburg State Col.	103	X	X							X	X					X			X						X
California State Col.	104	X		X	X	X	X				X					X			X	X	X				
Pennsylvania State Un.	105	X		X															X		X			X	
Slippery Rock State C.	106	X		X	X	X	X				X	X	X						X	X	X			X	
Temple University	107	X		X		X				X									X						
West Chester State C.	108	X		X							X								X	X	X	X		X	
RHODE ISLAND																									
University of R.I.	109	X		X	X	X	X	X			X		::		X				X						

PROGRAM AREA	PAGE #	PHYS. FITNESS ACTIVITY	REHABILITATION	HEALTH/FITNESS ED.	AQUATICS	DANCE	GAMES	GYMNASTICS/EXERCISES	JOGGING/WALKING	MOBILITY EXERCISES	MOTOR SKILLS	RHYTHM BASED MOVEMT.	SPORTS/ATHLETICS	WHEEL CHAIR EXERCISES	YOGA	OTHER	WELL ELDERLY	ARTHRITIC	CARDIAC/STROKE	BLIND	DEAF	MENTALLY DISABLED	EMOTIONALLY DISABLED	LIMITED MOVEMENT	OTHER
SOUTH CAROLINA																									
Dept. H.E.C.--not college affiliated	110					X						X				X		X	X						
SOUTH DAKOTA																									
South Dakota State Un.	111	X				X	X	X	X			X		X		X		X	X	X	X	X		X	X
TENNESSEE																									
Memphis State Univ.	112					X				X	X	X		X					X	X	X	X	X		X
Tennessee Tech. Univ.	113	X						X	X										X						
TEXAS																									
Navarro College	114	X				X				X	X								X						
Texas Women's Univ.	115	X	X			X		X	X	X	X	X	X						X						
Univ. of Houston	116	X				X					X	X							X						X
UTAH																									
Univ. of Utah	117	X	X			X	X	X	X			X		X					X	X	X	X	X	X	

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UTAH (CONT.)																									
Utah State Univ.	118	X	X	X	X			X	X	X		X					X		X						
VERMONT																									
St.Joseph the Prov.	119	X				X	X	X	X								X					X	X		
VIRGINIA																									
University of Va.	120-1	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X		X	X
Virginia Tech.	122		X	X					X	X						X			X						X
WASHINGTON																									
Central Washington Un.	123	X	X	X	X	X	X	X	X	X		X				X	X	X	X	X	X	X	X	X	
Washington St. Univ.	124	X	X	X	X	X	X			X	X	X	X												
WISCONSIN																									
Univ. of Wisconsin-Madison	125	X	X	X													X		X					X	

ALABAMA

UNIVERSITY OF ALABAMA

1717 11th Avenue South — Glenn H. Hughes
Birmingham, AL 35294 — Glenda Barnes

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Games
Gymnastics/Exercises
Jogging
Motor Skills
Sports/Athletics

TARGET POPULATION:

Cardiac/Stroke

ONGOING PROGRAM

* * *

ARIZONA

UNIVERSITY OF ARIZONA

Tucson, AR 85721 — Dr. R.A. Munroe

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Gymnastics/Exercises
Jogging
Sports/Athletics

TARGET POPULATION:

Well Elderly
Cardiac/Stroke

COMMENTS:

Adult Fitness--not exclusively elderly. Also have two recreation and two physical education faculty active in lecturing and workshops for elderly. The department head is a member of the University Committee on Aging

ONGOING PROGRAM

* * *

CALIFORNIA

CALIFORNIA STATE UNIVERSITY--LONG BEACH

Long Beach, CA 90840 Dr. Ruth Lindsey

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Exercises
Mobility Exercises
Motor Skills
Rhythm Based Movement
Walking
Relaxation

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke

COMMENTS:

This is a physical fitness class for students over the age of 60. It mainly includes exercises but also a wide variety of other activities.

* * *

CALIFORNIA STATE POLYTECHNIC UNIVERSITY

3801 West Temple Avenue Leo H. Teghtmeyer
Pomona, CA 91768

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Exercises
Jogging

TARGET POPULATION:

Well

COMMENTS:

The present program is concerned only with University faculty and staff members. Participation is quite limited.

ONGOING PROGRAM

* * *

CHABOT COLLEGE

25555 Hesperian Boulevard Carolyn Larsen
Hayward, CA 94545

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Training Program for Exercise leaders for live in centers and recreation departments

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Walking
Mobility Exercises
Motor Skills
Rhythm Based Movement
Sports/Athletics
Yoga
Cardio-vascular Fitness

TARGET POPULATION:

Well Elderly
Limited Movement Capacity
In-service for those working with Senior populations

COMMENTS:

This college offers a variety of physical education experiences especially designed for older adults at a number of locations in the district. Off-campus sites are chosen to be convenient for transportation and access, and many programs are co-sponsored by recreational departments and residential facilities serving older adults.

(con't)

Many students participate in two or more activities per week. Classes are free of charge and enrollment is the first class meeting of each quarter.

ONGOING PROGRAM

* * *

COASTLINE COLLEGE

10231 Slater Avenue
Fountain Valley, CA 92708

Neel Buell

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Mobility Exercises
Rhythm Based Movement
Sports/Athletics
Wheelchair Exercises
Yoga

TARGET POPULATION:

Well Elderly
Arthritic
Deaf
Limited Movement Capacity

ONGOING PROGRAM

* * *

CUESTA COLLEGE

P.O. Box J
San Luis Obispo, CA 93406

Warren E. Hansen

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Deaf
Limited Movement Capacity

ONGOING PROGRAM

* * *

EL CAMINO COMMUNITY COLLEGE

16007 Crenshaw Boulevard
Torrance, CA 90506

Mary Martin

* * *

PROGRAM AREA:

Adaptive Physical Education
Correctives/Exercise

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Deaf
Limited Movement Capacity

COMMENTS:

Currently there are 3 sections of Correctives/Exercise classes, and an Adaptive physical education program, not exclusively for the elderly. The Adaptive program is designed to meet the needs of the physically and learning disabled students. It has not been decided whether to open a section just for elderly. Sessions will be held in the pool, various sports, and recreational activities and eventually a wheelchair program--all open to any handicapped student.

ONGOING PROGRAM

* * *

HUMBOLDT STATE UNIVERSITY

Arcata, CA 95521

Ford Hess, Ed. Dir.
Richard Gilchrist, Ph.D.

* * *

PROGRAM AREA:

Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Jogging/Walking/Non-weight bearing flexibility exercises

TARGET POPULATION:

Cardiac/Stroke

ONGOING PROGRAM

* * *

SADDLEBACK COMMUNITY COLLEGE

28000 Marguerite Parkway
Mission Viejo, CA 92692

Lee McGrew

* * *

ACTIVITIES COMPRISING PROGRAM:

- Aquatics
- Dance
- Gynmastics/Exercises
- Jogging
- Mobility Exercises
- Motor Skills
- Rhythm Based Movement
- Sports/Athletics
- Yoga

TARGET POPULATION:

- Well Elderly
- Arthritic
- Cardiac/Stroke
- Limited Movement Capacity
- Broad variety of classes involve exercise and/or dance

ONGOING PROGRAM

* * *

QUEBEC, CANADA

LAVAL UNIVERSITY

Quebec, Canada G1W-3G2

F. Landry, M.D.

* * *

PROGRAM AREA:

- Physical Fitness Activity
- Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

- Gymnastics/Exercises
- Jogging
- Sports

TARGET POPULATION:

- Well Elderly

COMMENTS:

Master's thesis on the effects of a physical activity program on male and female adults aged 65 and above.

LIMITED DURATION

* * *

REGINA, SASK

UNIVERSITY OF REGINA

Physical Education Department Neil Sherlock
Regina, Sask 5450A2

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Exercises
Jogging
Mobility Exercises
Rhythm Based Movement
Yoga

TARGET POPULATION:

Well Elderly

COMMENTS:

Currently, our program is limited to the offering of a single class of 25 senior citizens under the heading Vitality Unlimited.

Future plans include the opening of a Fitness Testing and Exercise Prescription Centre in summer of 1980. In conjunction with this program we intend to offer the elderly and handicapped exercise testing, fitness prescription and rehabilitation services.

(con't)

Additionally, we have a program for a Physical Activity Studies (Adapted Physical Education) degree which we anticipate will be initiated in 1981. The intention is to train graduates to work with the elderly as well as special populations of all types of handicapped.

ONGOING PROGRAM

* * *

COLORADO

COLORADO STATE UNIVERSITY

Fort Collins, CO 80523 Dr. Max Morton

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Blind
Deaf

ONGOING PROGRAM
LIMITED DURATION

* * *

UNIVERSITY OF DENVER

Denver, CO 80208 Clarence L.H. Baer, Jr., Ph.D.

* * *

PROGRAM AREA:

Course for future professionals entitled, "Physical Activity and Aging"

ACTIVITIES COMPRISING PROGRAM:

Sociology, Psychology and Physiology of Physical Activity for Aging

TARGET POPULATION:

Future Physical Education and Gerontology professionals

COMMENTS:

Present course is a three credit hour lecture course with some field observation experience. Other programs are possible in future especially fitness education, well elderly and cardiac.

ONGOING PROGRAM

* * *

UNIVERSITY OF NORTHERN COLORADO

Greeley, CO 80639 Dr. William Barnes

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises
Jogging
Motor Skills

TARGET POPULATION:

Limited Movement Capacity

ONGOING PROGRAM

* * *

WESTERN STATE COLLEGE

Gunnison, CO 81230 Ernest Degutis

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Limited Movement Capacity

ONGOING PROGRAM

* * *

CONNECTICUT

SOUTHERN CONNECTICUT STATE COLLEGE

Crescent Street
New Haven, CT 06515

Thomas Manfredi, Ph.D.

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises

TARGET POPULATION:

Cardiac/Stroke
Adult Fitness

COMMENTS:

Two programs: 1) Exercise for a Healthy Heart--Post MI--Cardiac Rehabilitation and 2) Adult Fitness. Both meet 3 times a week--mostly jogging. Some nutrition counseling, body composition assessment.

ONGOING PROGRAM

* * *

UNIVERSITY OF BRIDGEPORT

Room 135 North Hall UB
Bridgeport, CT 06602

David K. Carboni, Ph.D.

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Gymnastics/Exercises
Jogging
Sports/Athletics
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Limited Movement Capacity

COMMENTS:

The Physical Educational Division will also be sponsoring, along with the Center for the Study of Aging, a "Senior Olympiad", in Spring 1980.

LIMITED DURATION
PROPOSED ONGOING PROGRAM

* * *

DISTRICT OF COLUMBIA

UNIVERSITY OF THE DISTRICT OF COLUMBIA

1606 Q. Street, N.W.
Northeast, DC 20002

Mr. R.J. Fleming

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Limited Movement Capacity

ONGOING PROGRAM

* * *

FLORIDA

ECKERD COLLEGE

P.O. Box 12560
St. Petersburg, FL 33733

Claire Stiles

* * *

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games
Jogging/Walking
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

COMMENTS:

"Fitness Has No Age" was a mini-course at the Elderhostel Winter Session last year--this is not an on-going program and may or may not be offered again.

LIMITED DURATION

* * *

ILLINOIS

EASTERN ILLINOIS UNIVERSITY

McAfee #10 Dorothe Johnson
Charleston, IL 61920

* * *

PROGRAM AREA:

Physical Fitness Activity
Recreation

ACTIVITIES COMPRISING PROGRAM:

Games
Gymnastics/Exercises
Sports/Athletics

TARGET POPULATION:

Well Elderly
Mentally Disabled

COMMENTS:

Our activities are part of our educational program for students taking part in our gerontology emphasis.

ONGOING PROGRAM

* * *

GEORGE WILLIAMS COLLEGE

555 Thirty First Street Jack J. Joseph
Downers Grove, IL 60515

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Games
Gymnastics/Exercises
Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Our program started 11 years ago as a fitness program for well, middle-aged men. The enrollment has been so constant that at least one-half of the group can now be considered as elderly. The elderly are swimming in Masters meets, running middle distances races and working out at least 3 times a week/all year.

ONGOING PROGRAM

* * *

MORAINE VALLEY COMMUNITY COLLEGE

10900 South 88th Avenue
Palos Hills, IL 60465

Lou Brackett

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Gymnastics/Exercises
Jogging
Motor Skills
Sports/Athletics

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Mentally Disabled
Limited Movement Capacity

COMMENTS:

This response includes information re: Adaptive Physical Education and Therapeutic Recreation programs on campus and in the community as well.

* * *

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

306 Huff Gym
Urbana, IL 61801

Ben Massey
Jim Misner

* * *

PROGRAM AREA:

Physical Fitness Activity
Research

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Games
Exercises
Jogging

TARGET POPULATION:

Well Elderly

COMMENTS:

This is a fitness-recreation program which allows individual exploration into many types of physical fitness activities.

ONGOING PROGRAM

* * *

INDIANA

BALL STATE UNIVERSITY

Human Performance Laboratory Bud Getchell, Ph.D.
Muncie, IN 47306

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises, Flexing and Toning
Walking

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Obese

COMMENTS:

The Adult Physical Fitness Program is designed to help men and women work toward their optimal level of physical endurance through a supervised program of regular physical activity. This program is unique in that exercise is initially prescribed for each participant on the basis of laboratory testing. A brochure explaining the program in full is available on request.

ONGOING PROGRAM

* * *

THE KENTLAND INSTITUTE OF PREVENTIVE MEDICINE

Box 67 Dr. R. John Young
Kentland, IN 47951

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Counseling

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises
Motor Skills

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke

ONGOING PROGRAM

* * *

UNIVERSITY OF EVANSVILLE

P.O. Box 329
Evansville, IN 47702

Dora Hess
Dorothy Hausmann

* * *

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Student-directed programs in Health and Physical Education to elderly in a variety of settings. Supervised by faculty, teaching Community Health in baccalaureate nursing program. Also, "Dancercial" class for senior citizens--taught by retired teacher.

LIMITED DURATION

* * *

IOWA

UNIVERSITY OF IOWA

Room 205 FH
Iowa City, IA 52242

Dr. David K. Leslie

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Deaf
Limited Movement Capacity

COMMENTS:

The TOES Program focuses on range of motion and muscle toning for a heterogeneous group of elderly (in existence since 1972). Leadership is both by my students and the elderly themselves. My class "Physical Activity and Aging" is concerned with the biology of aging, limitations and advantages to exercising, and program development.

ONGOING PROGRAM
LIMITED DURATION

* * *

KANSAS

COLBY COMMUNITY COLLEGE

1255 South Range
Colby, KS 67701

Joyce Hansen

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games
Mobility Exercises
Motor Skills
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Deaf
Mentally Disabled
Limited Movement Capacity

COMMENTS:

Our classes include relaxation, flexibility exercises, games, aerobic exercise to music. We have two levels, the well elderly and the nursing home. We also offer a summer workshop to train instructors for these programs.

ONGOING PROGRAM
LIMITED DURATION

* * *

KANSAS STATE UNIVERSITY

Waters 239
Manhattan, KS 66506

Edith Stunkel

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Music Synchronized Program

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Mobility Exercises
Motor Skills
Rhythm Based Movement
Wheelchair Exercises
Non-Aerobic Program

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Limited Movement Capacity
Exceptionally Fit and Frail Elderly

ONGOING PROGRAM

* * *

SAINT MARY COLLEGE

Leavenworth, KS 66048 Dr. Sandra Hick

* * *

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

This is a minimal program growing out of a special course in physical activity for over 60's taught last year. Student's have continued to volunteer time to provide physical activities throughout this school year (1979-80) with guidance from Dr. S. Hock.

* * *

WASHBURN UNIVERSITY GERONTOLOGY INSTITUTE

Topeka, KS 66621 Jeanne C. Tucker

* * *

PROGRAM AREA:

Physical Fitness Activity
Academic Aerobics

ACTIVITIES COMPRISING PROGRAM:

Body/Mind Stimulation

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Heart

ONGOING PROGRAM

* * *

WICHITA STATE UNIVERSITY

Wichita, KS 67208 Dr. Richard E. Laptad

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly
Limited Movement Capacity

COMMENTS:

The program started with a two-day workshop, then with the help of a Federal Grant, it trained 60 volunteers to give exercises and advice at 30 different center/sites where meals were served. The exercise programs were generally done before lunch.

ONGOING PROGRAM
LIMITED DURATION

* * *

KENTUCKY

BEREA COLLEGE

Berea, KY 40404 Dorothy C. Chrisman

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Outreach--Lecture demonstrations

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Jogging
Mobility Exercises
Motor Skills
Rhythm Based Movement
Sports/Athletics
Wheelchair Exercises
Aerobics

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Deaf
Limited Movement Capacity

COMMENTS:

The Body Recall program began in 1978 at Berea College. Two classes are offered each semester with the cooperation of the Continuing Education and Physical Education departments. Classes are for both beginners and those at a more advanced level.

(con't)

There are 40-45 students in each class with an average age of 68. Women outnumber men 5 to 1 with the men in the most consistent category of over 70.

Also offered is a class and workhops to train future teachers in this area. An active outreach program consists of lectures with demonstration groups of senior citizens showing the development and potential of a realistic fitness program.

ONGOING PROGRAM

* * *

EASTERN KENTUCKY UNIVERSITY

Richmond, KY 40475 Dorothy Harkins

* * *

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Gymnastics/Exercises
Jogging
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

* * *

SOUTHERN BAPTIST THEOLOGICAL SEMINARY

2825 Lexington Road
Louisville, KY 40206

Robin K. Rogers

* * *

LIMITED DURATION

* * *

LOUISIANA

UNIVERSITY OF NEW ORLEANS

New Orleans, LA 70122

Dr. Vane T. Wilson

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Gymnastics/Exercises
Walking
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Leaders among the elderly in all movement programs

COMMENTS:

The training is to develop leaders among the elderly for leading all in movement programs.

ONGOING PROGRAM

* * *

MAINE

LIFELINE - USM GYMNASIUM

96 Falmouth Street
Portland, ME 04101

Kathy Malachowski

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Exercises
Jogging
Mobility Exercises
Motor Skills
Rhythm Based Movement
Yoga
Relaxation

TARGET POPULATION:

Well Elderly
Arthritic
Limited Movement Capacity

COMMENTS:

Senior lifeline has over seventy-five elderly participants with an age range of 50-80 years old. It is held in the university gymnasium three times weekly for 45 minute periods. It includes a warm-up, cardiovascular workout, calisthenics and cool-down with relaxation exercises included.

(con't)

Each person works with a target heart rate and 120 bpm is not exceeded. Prior entrance requirements are medical clearance, interview and orientation.

ONGOING PROGRAM

* * *

UNIVERSITY OF SOUTHERN MAINE

96 Falmouth Street
Portland, ME 04103

Dr. James. V. Sullivan

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises
Jogging
Motor Skills

TARGET POPULATION:

Well Elderly

COMMENTS:

Only two courses in Physical Education for the elderly are presently offered during the summer sessions.

ONGOING PROGRAM

* * *

MARYLAND

ANNE ARUNDEL COMMUNITY COLLEGE

101 College Pkwy.
Arnold, MD 21012

Terry D. Carpenter

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Gymnastics/Exercises

TARGET POPULATION:

Well Elderly
Limited Movement Capacity

* * *

CHESAPEAKE COLLEGE

Wye Mills, MD 21679 Mercedes Lesser, Ph.D.

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Recreation

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging, Walking
Mobility Exercises
Motor Skills
Rhythm Based Movement
Sports/Athletics--Modified
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Mentally Disabled
Emotionally Disturbed
Limited Movement Capacity
Over 60

COMMENTS:

Older Adults are people FIRST and old LAST!

ONGOING PROGRAM

* * *

DUNDALK COMMUNITY COLLEGE

7200 Sollers Point Road Norma S. Tucker
Dundalk, MD 21222

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Motor Skills
Rhythm Based Movement
Sports/Athletics
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Blind
Deaf
Limited Movement Capacity

ONGOING PROGRAM

* * *

DUNDALK COMMUNITY COLLEGE

7200 Sollers Point Road
Dundalk, MD 21222

Asst. Professor Harrison

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Workshops/Adult Ed. Seniors

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Sports/Athletics

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

I work with two centers and conduct classes to teach those in nursing homes.

ONGOING PROGRAM

* * *

HARFORD COMMUNITY COLLEGE

401 Thomas Run Road
Bel Air, MD 21014

John Haggerty,
Assoc. Dean

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Exercises
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Mentally Disabled

ONGOING PROGRAM

* * *

PRINCE GEORGE'S COMMUNITY COLLEGE

301 Largo Road
Largo, MD 20870

Dr. Richard Mance

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Mobility Exercises
Motor Skills (Golf)
Rhythm Based Movement
Sports/Athletics
Walking/Cycling Program

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

* * *

UNIVERSITY OF MARYLAND

Adults Health & Developmental Program
College Park, MD 20740

Dr. D. Leviton

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Motor Skills
Rhythm Based Movement
Sports/Athletics
Wheelchair Exercises
Yoga

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Deaf
Limited Movement Capacity

ONGOING PROGRAM

* * *

MASSACHUSETTS

BRIDGEWATER STATE COLLEGE

Kelly Gym
Park Avenue
Bridgewater, MA 02324

Dr. C.E. Comeau

* * *

PROGRAM AREA:

Health or Fitness Education

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

* * *

NORTHEASTERN UNIVERSITY

Huntington Avenue
Boston, MA 02115

Dr. Dorett Hope

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Jogging

TARGET POPULATION:

Well Elderly
Arthritic

ONGOING PROGRAM
LIMITED DURATION

* * *

NORTHERN ESSEX COMMUNITY COLLEGE

Dept. of Sport & Leisure Studies
100 Elliott Street
Haverhill, MA 01830

Carl Beal

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games
Gymnastics/Exercises
Jogging/Walking
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

COMMENTS:

A course for Gerontology majors is also provided entitled, "Leisure and Aging" (has also been taken by elderly members of the community)

ONGOING PROGRAM
LIMITED DURATION

* * *

SOUTHEASTERN MASSACHUSETTS UNIVERSITY

P.O. Box A-2076
New Bedford, MA 02741

Adrienne Goss

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Institute activities are organized around 3 categories; 1) educational/cultural enrichment programs for elders, 2) training for agency personnel working with elders, and 3) academic programs for students of gerontology. Under the first category, we have, on occasion, sponsored health and fitness programs and we are likely to continue to do so in the future.

LIMITED DURATION

* * *

WESTFIELD STATE COLLEGE

Western Avenue
Westfield, MA 01086

Mr. Gerry Gravel

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics

TARGET POPULATION:

Mentally Disabled
Emotionally Disturbed

COMMENTS:

The main emphasis at this point in time is with our combined special ed. and physical education programs rather than a specific program geared for the elderly--also we offer field work type experiences in nursing homes, YMCA's, etc. where the student teachers/interns have opportunities to work with elderly.

ONGOING PROGRAM
LIMITED DURATION

* * *

MICHIGAN

DELTA COLLEGE

University Center, MI 48710 David Demko

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Mobility Exercises
Yoga
Slimnastics
Speed Walking

TARGET POPULATION:

Well Elderly

COMMENTS:

Please write for brochure.

ONGOING PROGRAM
LIMITED DURATION

* * *

LAKE SUPERIOR STATE COLLEGE

Sault Street
Marie, MI 49783

Debra McPherson

* * *

PROGRAM AREA:

Physical Fitness Activity
Recreation for the Elderly

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games/Bowling
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Arthritic

COMMENTS:

The program is designed to meet the needs of area senior citizens, as well as provide opportunities for college students to organize and get involved in this type of recreational experience.

ONGOING PROGRAM

* * *

LANSING COMMUNITY COLLEGE

Box 40010
401 N. Capital Avenue
Lansing, MI 48901

John McPhail

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education
Older Adult Sessions

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Wheelchair Exercises

COMMENTS:

Fit For Life Ex (ARC 170)--designed for older adults--involves range of motion--continuous activity even for wheelchair, bed and older patients.

ONGOING PROGRAM

* * *

MUSKEGON COMMUNITY COLLEGE

221 S. Quarterline Road
Muskegon, MI 49442

Judith Brooky

* * *

PROGRAM AREA:

Physical Fitness A tivity

ACTIVITIES COMPRISING PROGRAM:

Exercises
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We usually offer 2 classes per semester at 2 locations--class is offered through our Continuing Education Program, free of tuition to Senior Citizens. Class is described as "mild exercise for the Senior Citizens, designed to increase flexibility, strength and muscle tone." Classes run from ½ - 1 hour in length Instructor teaches it as part of her teaching load at college. Has been ongoing since 1975.

ONGOING PROGRAM

* * *

WESTERN MICHIGAN UNIVERSITY

Kalamazoo, MI 49108

Dr. Billye Ann Cheatum

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises
Jogging
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises
Yoga

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

Works with nursing homes establishing exercise programs fo. ambulatory and non-ambulatory residents. Now have a course Rec. Programs for Elderly--1981 will have a course in Physical Fitness for Elderly men and women. Also do programming in Elderhostel program at W.M.U.

* * *

UNIVERSITY OF MICHIGAN

Ann Arbor, MI 48109 Phyllis Weikart

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Rhythm Based Movement
Exercise/Dance

TARGET POPULATION:

Well Elderly
Arthritic
Limited Movement Capacity

COMMENTS:

The exercise and modified dance is synchronized to the underlying beat of music.

ONGOING PROGRAM

* * *

MINNESOTA

MANKATO STATE UNIVERSITY

Mankato, MN 56001 Clem Thompson

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Dance
Jogging

TARGET POPULATION:

Well Elderly
Cardiac/Post-Cardiac

COMMENTS:

We are getting started. Jogging class (offered at night) attracts older adults. Post-Cardiac exercise rehabilitation to start in Fall 1980.

ONGOING PROGRAM
LIMITED DURATION

* * *

MISSISSIPPI

MISSISSIPPI VALLEY STATE UNIVERSITY

P.O. Box 991
Itta Bena, MS 38941

Dr. Alfred Arrington

* * *

PROGRAM AREA:

Physical Fitness Acitvity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Jogging
Motor Skills
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Emotionally Disturbed
Limited Movement Capacity

ONGOING PROGRAM
LIMITED DURATION

* * *

UNIVERSITY OF SOUTHERN MISSISSIPPI

Box 5034 Southern Sta.
Hattiesburg, MS 39401

Bill Larson
David Cundiff

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Jogging
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

COMMENTS:

We have two program: 1) The largest is the Physical Fitness Institute which serves a wide range of participants; 2) is in conjunction with the Mississippi Council on Aging we conduct workshops for the purpose of training exercise leaders who return to their home town and conduct various fitness programs.

ONGOING PROGRAM
LIMITED DURATION

* * *

MISSOURI

MISSOURI WESTERN STATE COLLEGE

St. Joseph, MO 64507 Dr. Charles R. Erickson

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Jogging
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Normal Adult

ONGOING PROGRAM

* * *

UNIVERSITY OF MISSOURI

8001 Natural Bridge Road Bruce A. Clark
St. Louis, MO 63121

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Jogging
Mobility Exercises
Rhythm Based Movement
Yoga

TARGET POPULATION:

Well Elderly
Limited Movement Capacity

ONGOING PROGRAM

* * *

NEBRASKA

KEARNEY STATE COLLEGE

Kearney, NB 68847 Dr. Doyle E. Fyfe

* * *

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Jogging
Mobility Exercises
Sports/Athletics
Yoga

TARGET POPULATION:

Well Elderly
Limited Movement Capacity

COMMENTS:

We attempt to invlove our students in Phys. Ed./Rec. in Field Experiences that permit them to become aware of the elderly, and their physical fitness needs. This summer, we will offer three experiences in the Elderhostel setting.

LIMITED DURATION

* * *

KEARNEY STATE COLLEGE

Kearney, NE 68847 Joe Donnelly

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises

TARGET POPULATION:

Cardiac/Stroke

COMMENTS:

Geared mostly for adults 20 - 60 years old.

ONGOING PROGRAM

* * *

UNIVERSITY OF NEBRASKA

Fl 206 Kip Hulvershorn
Lincoln, NE

* * *

PROGRAM AREA:

Physical Fitness Activity
Consultation

TARGET POPULATION:

Well Elderly
Blind
Emotionally Disturbed
Limited Movement Capacity

COMMENTS:

Provide consultive and planning services to both communities and individuals in facilities and programming.

ONGOING PROGRAM

* * *

WAYNE STATE COLLEGE

Wayne, NE 68787 Ralph Barclay

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Jogging
Mobility Exercises
Sports/Athletics

TARGET POPULATION:

All Ages

ONGOING PROGRAM

* * *

NEVADA

UNIVERSITY OF NEVADA

4505 Maryland Parkway
Las Vegas, NV 89154

Bonnie Rannald

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Jogging
Mobility Exercises
Motor Skills
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Blind
Deaf

ONGOING PROGRAM

* * *

NEW JERSEY

GLASSBORO STATE COLLEGE

Dep't. of Health and
Physical Education
Glassboro, NJ 08028

Carolyn F. Addison

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Gymnastics
Mobility Exercises
Motor Skills
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Arthritic
Cardiac/Stroke
Limited Movement Capacity Elderly

COMMENTS:

Practical Pointers, a booklet published by AAHPERD contains the exercises -- "FIFTY POSITIVE VIGOR EXERCISES." This is available to all for $2.00 from the AAHPERD OFFICE.

ONGOING PROGRAM

* * *

KEAN COLLEGE OF NEW JERSEY

Union, NJ 07083 Robert Famighetti

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Gerontology Certificate Program
Professional Training Program

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging
Motor Skills
Sports/Athletics
Wheelchair Exercises
Yoga

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Mentally Disabled
Limited Movement Capacity

ONGOING PROGRAM

* * *

MONTCLAIR STATE COLLEGE

Upper Montclair, NJ 07043 Dr. Richard N. Tews

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Mobility Exercises
Motor Skills
Rhythm Based Movement

TARGET POPULATION:

College Students

COMMENTS:

The course has been offered for the second time for physical education students who may be interested in fitness programs for the aged. We have found the National Adult Education Clearinghouse--National Multi-media Center on campus very helpful with an excellent library on aging and related topics. They also sponsor an Older Adult and Assistance Program (peer counseling for adults over 50). Essex County Parks and Recreation have an excellent activity program for seniors which we will be invloved in.

ONGOING PROGRAM

* * *

RAMAPO COLLEGE OF NEW JERSEY

505 Ramapo Valley Road
Mahwah, NJ 07430

Rosabel S. Koss

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises
Rhythm Based Movement
Yoga

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Limited Movement Capacity

ONGOING PROGRAM
LIMITED DURATION

* * *

RIDER COLLEGE

Lawrenceville, NJ 08648

Dr. P.C. Sharma

* * *

PROGRAM AREA:

Academic Courses in Aging

TARGET POPULATION:

College Students

ONGOING PROGRAM

* * *

TRENTON STATE COLLEGE

Box 940 Dr. Ken Tillman
Trenton, NJ 08625

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Jogging
Mobility Exercises
Motor Skills
Rhythm Based Movement

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

* * *

WILLIAM PATERSON COLLEGE

Dep't of Movement Science and Leisure Studies Thomas Jable
Wayne, NJ 07470

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Games
Gymnastics/Exercises
Mobility Exercises
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

PEROP-Physical Exercises and Recreation for Older Persons is our ongoing program in which physical education majors are taught to lead older persons in exercises and recreational activities. The students meet with the older persons twice each week for twelve weeks each semester.

ONGOING PROGRAM

* * *

NEW YORK

ALBANY - STATE UNIVERSITY OF

Richardson 2 Nancy Gordon
135 Western A enue
Albany, NY 12222

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Gymnastics/Exercises
Rhythm Based Movement
Yoga

TARGET POPULATION:

Well Elderly 60+

COMMENTS:

SUNYA offers "Non-strenuous Exercise for Mature Adults" through the Elderhostel program during the summer. The College Continuing Studies offers "Beginning Hatha Yoga for Senior Citizens" one semester each year, usually Spring semester. The Red Cross and the Dept. of Physical Education co-sponsor a swimming program for Senior Citizens.

ONGOING PROGRAM
LIMITED DURATION

* * *

JOHN JAY COLLEGE OF CRIMINAL JUSTICE

444 West 56 Street Professor Pina
New York, NY 10019

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Circuit Training

TARGET POPULATION:

Well Elderly
All Students

COMMENTS:

Write for brochure and orientation bulletin. Interested people are invited to visit this unique cardio-vascular fitness center. Future plans include making the facility available to outside groups, including the elderly--at a fee.

ONGOING PROGRAM

* * *

LA GUARDIA COMMUNITY COLLEGE

31-10 Thomson Avenue
West Hempstead, NY 11552

Naomi S. Greenberg

* * *

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Simulation Education

TARGET POPULATION:

Well Elderly

COMMENTS:

Movement experiences are incorporated in course called, "Aging and Health."

ONGOING PROGRAM

* * *

MOLLOY COLLEGE

1000 Hempstead Avenue
Rockville Center, NY 11570

Eleanor B. Wapner

* * *

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Gymnastics/Exercises
Mobility Exercises
Rhythm Based Movement
Sports/Athletics
Wheelchair Exercises
Yoga
Movement Therapy

COMMENTS:

We have a Gerontology Major; we also give a series of workshops each year. Faculty and students volunteer services; Senior Citizens come to Molloy to participate in special events.

ONGOING PROGRAM

* * *

NORTH COUNTRY COMMUNITY COLLEGE

North Country Center of Gerontology
20 Winona Avenue
Saranac Lake, NY 12983

Elizabeth Hudak

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Gymnastics/Exercises
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We offer: 1) an exercise program at low intensity to increase flexibility mobility and coordination for the older adult; and 2) a training program to teach others the concepts and techniques of low intensity exercises.

ONGOING PROGRAM

* * *

STATE UNIVERSITY OF NEW YORK AT BUFFALO

309 Clark Hall
Main Street Campus
Buffalo, NY 14214

Dr. John Piscopo

* * *

PROGRAM AREA:

Health or Fitness Education

TARGET POPULATION:

Well Elderly

COMMENTS:

We offer Master's degree in physical education tract entitled, "Fitness and Leisure Programs for the Aging" students may also pursue the Doctoral degree in this area under the sponsorship of Department of Physical Education with an Interdisciplinary approach.

ONGOING PROGRAM

* * *

SYRACUSE UNIVERSITY
ALL-UNIVERSITY GERONTOLOGY CENTER

Brockway Hall
Syracuse, NY 13210

Mary Montague

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Games
Mobility Exercises
Motor Skills
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

The program offers a field learning experience to students in the Department of Health, Recreation & Physical Education; the field experience is a requirement of the Gerontology Center certification program.

ONGOING PROGRAM

* * *

YORK COLLEGE

Jamaica, NY 11451

Dr. Ivan Kusinitz

* * *

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Two credits, 3 hours consisting of lecture and activity--many York students are older--as old as 73 years.

ONGOING PROGRAM

* * *

NORTH CAROLINA

CENTRAL PIEDMONT COMMUNITY COLLEGE

P.C. Box 4009
Charlotte, NC 28204

John A. Needy, Jr.,
Dept. Chairman
Carolyn M. Allred
David B. Cash
Peggy P. McDonald

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Exercises
Jogging
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises
Yoga
Water Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

A slide tape of Water Exercise is available and video tape. Contact us if interested in procuring these.

ONGOING PROGRAM

* * *

DUKE UNIVERSITY

105 Card Gymnasium
Durham, NC 27710

John Friedrick

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging
Rhythm Based Movement
Sports/Athletics
Rehabilitation--Cardiology Dept.--Dr. Wallace

TARGET POPULATION:

Well Elderly
Cardiac/Stroke

ONGOING PROGRAM

* * *

MARS HILL COLLEGE

Recreation Department Thomas Wood
Mars Hill, NC 28754

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Mobility Exercises
Motor Skills
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Mentally Disabled
Emotionally Disturbed
Limited Movement Capacity

COMMENTS:

Recreation majors who specialize in special populations spend an extensive amount of time working with the elderly.

ONGOING PROGRAM

* * *

NORTH DAKOTA

MAYVILLE STATE COLLEGE

Mayville, ND 58257 Susan Schultz

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Games
Jogging
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Limited Movement Capacity

ONGOING PROGRAM
LIMITED DURATION

* * *

UNIVERSITY OF NORTH DAKOTA

Fieldhouse
Grand Forks, ND 58202

Dr. Carl Miller

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Exercises
Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

This is an early risers class, with a mixture of students and elderly people from within the community.

* * *

OHIO

BOWLING GREEN STATE UNIVERSITY

201 North Eppler
School of HPER
Bowling Green, OH 43403

Dr. Nora Liu

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises
Jogging

TARGET POPULATION:

Middle age to elderly

ONGOING PROGRAM

* * *

KENT STATE UNIVERSITY

Applied Physiology Research Laboratory
Kent, OH 44242

Wayne E. Sinning

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Jogging
Mobility Exercises

TARGET POPULATION:

All well people--present enrollment
ages 22 to 79 years old

COMMENTS:

Our program is for "well" adults of all ages. It requires medical clearance including a stress test to maximum work tolerance. The exercise sessions are offered five days per week early in the morning (6:45 a.m.) or at noon. Participants exercise at their own capacity. Cardio-vascular exercise intensity is monitored by heart rate. Participants may jog or swim for aerobic training. Bicycle ergometers are also used when necessary. This is a service for fee program. Clearance costs $75.00; therefore, participants pay $100.00 per year.

ONGOING PROGRAM

* * *

UNIVERSITY OF AKRON

Herman Performance Laboratory
Akron, OH 44325

Robert N. Gandee

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Mobility Exercises
Motor Skills
Range of Motion

TARGET POPULATION:

Well Elderly

COMMENTS:

We operate our program in conjunction with the Department of Physical Education and Institute for the Life-Span Development and Gerontology. This program is an ongoing training and service delivery model.

ONGOING PROGRAM

* * *

OKLAHOMA

CAMERON UNIVERSITY

2800 Gore Boulevard
Lawton, OK 73505

Dr. Charles E. Andrus

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Arthritic
Emotionally Disturbed
Limited Movement Capacity

COMMENTS:

Our program is in its infancy. Instrumental developments are expected in the near future.

LIMITED DURATION

* * *

OKLAHOMA STATE UNIVERSITY

School of HPELS
Stillwater, OK 74074

Dr. A.B. Harrison

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Fitness Evaluation

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM

* * *

SOUTH OKLAHOMA CITY JUNIOR COLLEGE

7777 South May Avenue
Oklahoma City, OK 73159

Connie Crew

* * *

PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly

ONGOING PROGRAM
LIMITED DURATION

* * *

SOUTH OKLAHOMA CITY JUNIOR COLLEGE

7777 South May Avenue
Oklahoma City, OK 73159

Jane Carney
Dale Johnson

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Gymnastics
Mobility Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

Programs are funded through grant sources and from College Community Service budget; Short courses, speakers bureau, short seminars, etc. Also, activities and skills upgrading for persons working with elderly. Also have associate degree program in Aging.

LIMITED DURATION

* * *

OREGON

CLACKAMAS COMMUNITY COLLEGE

19600 South Molalla Avenue Johnette Peery
Oregon City, OR 97222

* * *

PROGRAM AREA:

Community Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Deaf
Mentally Disabled
Emotionally Disturbed
Limited Movement Capacity

COMMENTS:

This is the sixth year of the program, which consists of appropriate activity/movement and is conducted in a retirement center, and nursing home facilities.

ONGOING PROGRAM
LIMITED DURATION

* * *

OREGON STATE UNIVERSITY

Dept. of Physical Education Dr. Marie Boarman
Corvallis, OR 97331 Dr. Donald Campbell

* * *

PROGRAM AREA:

Health or Fitness Education
Option in Undergraduate Major Program
for Physical Education Students

ACTIVITIES COMPRISING PROGRAM:

Physical Activities for Older Adults
Gerokinesiatrics

TARGET POPULATION:

Undergraduate Major

ONGOING PROGRAM

* * *

PORTLAND COMMUNITY COLLEGE

12000 Sev 49th
Portland, OR 97219

Bill MacDonald

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Jogging
Wheelchair Exercises

TARGET POPULATION:

Well Elderly
Arthritic

COMMENTS:

There is no specific program, instead we set aside classes that cater to the elderly.

* * *

PORTLAND STATE UNIVERSITY

P.O. Box 751
Portland, OR 97207

Dr. Michael W. Tichy

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Games
Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly
Adult Population

ONGOING PROGRAM

* * *

PENNSYLVANIA

BLOOMSBURG STATE COLLEGE

Bloomsburg, PA 17815 Dr. Stephen Bresett

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises
Range of Movement
Flexibility and Strength

TARGET POPULATION:

Well Adults
Rehabilitation

COMMENTS:

We offer individualized exercises to faculty, family, and staff of the college--students also use the service--facility is an adapted physical education lab 30' X 80' equipped with staff bars, pulley weights, benches, bicycle ergometers, running machines, tread mill, mirrors, wands, hand weights, over head ladders, and mats.

ONGOING PROGRAM

* * *

CALIFORNIA STATE COLLEGE

Third Street Ms. M. Isobel Knill
World Culture Building
California, PA 15419

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Mobility Exercises
Neuromuscular Relaxation

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

The fitness/recreation program began two years ago with recreational swimming and swimming lessons. This semester it has been given a small multi-purpose room for dancing, active and passive games, as well as exercise classes and discussions on a variety of mental and physical health problems.

ONGOING PROGRAM

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PENNSYLVANIA STATE UNIVERSITY

University Park, PA 16802 E.R. Buskirle
K. Stoedefalke

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PROGRAM AREA:

Physical Fitness Activity
Heatlh or Fitness Education

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

Primarily a research program--but Dr. K. Stoedefalke runs a noon exercise program on a regular basis. The others have set up special programs.

ONGOING PROGRAM
LIMITED DURATION

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SLIPPERY ROCK STATE COLLEGE

Slippery Rock, PA 16057 Helen Knierim

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PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education
Regional Workshops

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Mobility Exercises
Motor Skills
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Limited Movement Capacity

COMMENTS:

Our program was started 5 years ago and has expanded. Our Center for Study of Aging was opened in Fall, 1979. This is an interdisciplinary program with fitness and exercise as one part.

ONGOING PROGRAM
LIMITED DURATION

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TEMPLE UNIVERSITY

Broad and Montgomery
Philadelphia, PA 19122

Dr. Z. Kendrick

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PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Jogging

TARGET POPULATION:

Well Elderly

COMMENTS:

We have an "in house" program. At this time we are developing programs for "out house" activities.

ONGOING PROGRAM

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WEST CHESTER STATE COLLEGE

West Chester, PA 19380

Carol Matz

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PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Limited Movement Capacity

COMMENTS:

Students also conduct small group discussions for health education. Subjects include nutrition, sleep habits, coping with pain, relaxation techniques, etc.

LIMITED DURATION

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RHODE ISLAND

UNIVERSITY OF RHODE ISLAND

Keaney, Kingston, RI 02881 Prof. Emeritus Slader

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PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

Course; Physical Aging and Leisure Skills: Have 3 sessions at Rec. Center for 1 hour divided into mini lecture; Seated Ex., Stand Ex., Recumbent and Relaxation and Line Dancing.

ONGOING PROGRAM

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SOUTH CAROLINA

DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL

2600 Bull Street Jim LaBonte
Columbia, SC 29201

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PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Mobility Exercises
Wheelchair Exercises
Stretching/Strength and Aerobic Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We are involved in promoting fitness for all age groups. We recognize the needs of the elderly and serve as consultants for those groups interested in involving them in movement fitness programs. We have several articles which deal with how to begin a fitness program and fitness for older adults. Presently working on a fitness manual for older adults.

ONGOING PROGRAM

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SOUTH DAKOTA

SOUTH DAKOTA STATE UNIVERSITY

Dept. of HPER
Brookings, SD 57007

Jan Flynn

* * *

PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Mobility Exercises
Rhythm Based Movement
Wheelchair Exercises
Walking

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Deaf
Emotionally Disturbed (very seldom)
Limited Movement Capacity

COMMENTS:

Main emphasis: effective gains in flexibility, range of motion, and neuromuscular coordination thus improving the mobility of older Americans.

ONGOING PROGRAM

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TENNESSEE

MEMPHIS STATE UNIVERSITY

Memphis, TN 38152

Frank Rosato

* * *

PROGRAM AREA:

Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises
Jogging
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Deaf
Limited Movement Capacity

COMMENTS:

The thrust of our workshop is aimed at preparing or as in-service training for exercise leaders in a variety of settings (nursing homes, retirement homes, adult housing, etc).

LIMITED DURATION

* * *

TENNESSEE TECHNICAL UNIVERSITY

Cookeville, TN 38501 Robert C. Fort

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PROGRAM AREA:

Physical Fitness Activity
Senior Citizens Center

ACTIVITIES COMPRISING PROGRAM:

Games
Gymnastics/Exercises

TARGET POPULATION:

Well Elderly

COMMENTS:

We use volunteers from a gerontology class for work at the senior citizens center and occasionally nutrition centers. The class is a joint numbered 421-521 health education class required of under graduate health majors. It is an elective for graduate students.

INTERMITTENT

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TEXAS

NAVARRO COLLEGE

Box 1170 James Spirey
Corsicana, TX 75110

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PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Gymnastics/Exercises
Jogging

TARGET POPULATION:

Well Elderly

COMMENTS:

Our program is for anyone 60 years of age or older. We offer short courses and the members may take college credit courses free.

ONGOING PROGRAM

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TEXAS WOMEN'S UNIVERSITY

Box 23717 TWU Station
Denton, TX 76204

Dr. Joseph D. Teaff

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PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Dance
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Motor Skills

TARGET POPULATION:

Well Elderly

COMMENTS:

A Senior Center adjoins our campus, and students do practicums and affiliations there. A retirement community is nearby and students also do practicums and affiliations there.

ONGOING PROGRAM

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UNIVERSTIY OF HOUSTON - CLEAR LAKE CITY

2700 Bay Area Boulevard
Houston, TX 77058

Dr. A.E. Coleman

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PROGRAM AREA:

Physical Fitness Activity
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises

TARGET POPULATION:

Well Elderly
Pre-retirement of Government Employees

COMMENTS:

Preparation for retirement. Maintenance of health, fitness, mobility and nutrition.

LIMITED DURATION

* * *

UTAH

UNIVERSITY OF UTAH - COLLEGE OF HEALTH

Leisure Studies Division George Fenstermacher
Salt Lake City, UT 84112

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PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education
Recreation

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Deaf
Mentally Disabled
Emotionally Disturbed
Limited Movement Capacity

ONGOING PROGRAM
LIMITED DURATION

* * *

UTAH STATE UNIVERSITY

Logan, UT 84322 Dale Nelson

* * *

PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Gymnastics/Exercises
Jogging/Walking
Mobility Exercises
Rhythm Based Movement

TARGET POPULATION:

Well Elderly
Cardiac/Stroke

COMMENTS:

We have a post coronary and adult fitness program. Big summer involvement with retired people.

ONGOING PROGRAM
LIMITED DURATION

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VERMONT

COLLEGE OF ST. JOSEPH THE PROVIDER

Rutland, VT 05701 Dr. Allen Sher

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PROGRAM AREA:

Physical Fitness Activity

ACTIVITIES COMPRISING PROGRAM:

Folk Dance
Games
Exercises
Jogging

TARGET POPULATION:

Well Elderly
Mentally Disabled
Emotionally Disturbed

COMMENTS:

I have led workshops in "Dances Without Partners" for Senior Citizens. Our College has a new program in Human Services. As part of Recreation in general. We are building an Exercise Trail on our College property. We give attention to recreational activities (games, dance) for Senior Citizens. We expect the Trail to be used by Senior Citizens for Hiking, Jogging, and Exercise at the different Exercise Stations.

LIMITED DURATION

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VIRGINIA

UNIVERSITY OF VIRGINIA

Dept. of Health & Physical Education
201 Memorial Gymnasium
Charlottesville, VA 22901

Dr. Robert Rotella

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PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education
Counseling

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Motor Skills
Rhythm Based Movement
Sports/Athletics
Wheelchair Exercises
Stress Management
Relaxation Training

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Mentally Disabled
Limited Movement Capacity
Pre-Retirement 50-60

(con't) University of Virginia

COMMENTS:

We have 50-70 older adults who meet every Saturday 10:00 a.m. - 12:30 p.m. at the University. A variety of related programs are presented during the week at community agencies. Most of our participants are the well elderly. We do have a manual (approx. 300 pages), "Planning for the Recreational Needs of the Elderly," which is available for $12.00.

ONGOING PROGRAM

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VIRGINIA TECH

Cardiac & Intervention Program William G. Herbert, Ph.D.
112 War Memorial Gym
Blacksburg, VA 24061

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PROGRAM AREA:

Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Jogging
Mobility Exercises
Muscular Endurance Activities

TARGET POPULATION:

Cardiac/Stroke
CHD High Risk

COMMENTS:

Our Center is devoted to providing rehabilitation activities for CHD Patients and exercise programs for other adults at risk for heart disease development.

ONGOING PROGRAM

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WASHINGTON

CENTRAL WASHINGTON UNIVERSITY

Dept. of Physical Education
Ellensburg, WA 98926

Jan Boyungs
Karen Jenison

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PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Gymnastics/Exercises
Jogging
Mobility Exercises
Rhythm Based Movement
Travel

TARGET POPULATION:

Well Elderly
Arthritic
Cardiac/Stroke
Blind
Deaf
Mentally Disabled
Emotionally Disturbed
Limited Movement Capacity

ONGOING PROGRAM

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WASHINGTON STATE UNIVERSITY

Dept. of Physical Education for Women
Pullman, WA 99164

Dr. Marlene Adrian

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PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education
Research

ACTIVITIES COMPRISING PROGRAM:

Aquatics
Dance
Games
Mobility Exercises
Motor Skills
Rhythm Based Movement
Sports/Athletics

ONGOING PROGRAM

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WISCONSIN

UNIVERSITY OF WISCONSIN

504 N. Walnut Street
Preventive Medicine Bldg.
Madison, WI 53706

Everett L. Smith, Ph.D.

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PROGRAM AREA:

Physical Fitness Activity
Rehabilitation
Health or Fitness Education

TARGET POPULATION:

Well Elderly
Cardiac/Stroke
Limited Movement Capacity

LIMITED DURATION

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